

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ \_ Center\_ \_\_\_\_\_ Food Experience Name: Transition to Eating in the Lunch Room

Person leading experience \_\_\_\_\_ Length of time: 30 minutes

Description: Reason for choosing project, in terms of children learning (behavioral goals):The purpose of this activity is to give children exposure to eating in the lunchroom before they start kindergarten the following year. This activity will teach the children that when going thru the school lunch line, they need to get their silverware, milk, and carry their tray to the table to sit down & eat.

This food experience allows children to learn by participating in:

tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	

X other (describe) Learning expectation for following school year

What other classroom activity/activities related or added to this experience?

math	music	art	film
books	field trip	other (describe)	

Supplies needed: NO additional supplies needed

Procedure step-by-step:

1. Wash Hands
2. Line Up
3. Take children thru the food line and instruct them on the process
4. Pick up their silverware
5. Pick up their Milk
6. Carry tray to the lunch table
7. Eat and converse with friends
- 8.
- 9.
- 10.

Possible enhancements to this Activity: This can be adapted to fit the procedures at each location, for example, if the child needs to tell the cashier his/her name, it is a good idea to have the children practice this so they have had some exposure before the start of the next school year.

Evaluation:

Would you do this experience again? \_\_\_\_\_

How would you improve this experience in the future?

Did the children meet the learning objectives? Why or why not?